

July, 2020

Town of Braintree

Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”

Mayor Charles Kokoros

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

PHONE: 781-848-1963

Michelle Birolini: Volunteer Coordinator

Joseph Conrad: Building Custodian

Frank DeFrancesco: Transportation Services

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

All events and Activities cancelled until further notice

Schedules will updated online at <https://braintreema.gov>

Greetings everyone,

It is now the month of July and it has been ages since we have seen all of you. Fortunately, Massachusetts has been moving in the right direction and the numbers are declining. Keeping my fingers crossed for the day to come when it will be safe for you to visit us and we can say welcome. I know, we still have a long way to go! We need to make sure that everyone is comfortable and everyone is following the precautions which will be our “new normal” from now on. Life, as we have known, has changed. My four year old grandson was wearing a mask to go to his drive by graduation ceremony and my daughter who was scheduled to get married on July 4th, had to postpone till 2021. A young mother, from a family I have known for many years, died of cancer, I could not visit her neither I could I attend her funeral. It is all very sad, but it is just not me, everyone has a story to tell; life takes it's own course and we have to accept and adjust accordingly. I am happy that everyone I know and love has been safe and healthy. Mayor Kokoros was afflicted by COVID-19, but he has recovered and you will be happy to know that he is doing well.

Similar to the State of Massachusetts, Braintree is opening through phases. Slowly, staff will be coming into the office in a staggered pattern. Everyone has to take an online training on precautions before they report back and go through further trainings after their return. This is a way to protect ourselves and everyone around us. Please remember that someone can be sick without showing any symptoms and unintentionally can transmit it to the next person, who can get very sick. Please do not let your guards down, we do not have to be paranoid, but please keep on taking the regular precautions of wearing a mask and washing your hands.

We will keep you posted on our plans on opening up the building to the public. We will be regularly consulting with the Health Department and the Mayor's Office for all the safety rules and standards. It is suffice to say that these are plans when conditions will be safe for all of you. We are thinking of planning some outside activities and we would like to know if you are interested. Recently Fasano's Catering offered free lunch to our older adults. We also had a drive by Volunteer Recognition party, which was fun. We got to see some smiling faces we have not seen for many months. Please watch our exercise videos at BCAM. For those of you who have the capability of accessing zoom, we will work with the Mayors Office to put some programs through zoom. Every day that goes by, we keep thinking out of the box, some are workable and some are not,

But we will keep striving. Please stay healthy and be safe..... *Sharmila*

Outreach

Now that it is summer and the weather is warm we are all wanting to get out of the house. I hope you are all staying safe by wearing masks, social distancing and frequent hand washing. It has been a tough few months, but we shall get through it. Please be vigilant with your safety precautions!

The following are some phone numbers to keep on hand:

Meals on Wheels

To sign up for Meals on Wheels you can call South Shore Elder Services at 781-848-3910. They may be working remotely, so if you get a voicemail message, please leave your name, phone number and reason for your call and they will get back to you.

Reporting Elder Abuse

To report Elder abuse call 1-800-922-2275. You can call 7 days a week, 24 hours a day.

Mass Health

Mass Health can be reached by calling 1-800-841-2900.

HAVE A SAFE SUMMER!!!!

Outdoor Programs

[Calling all Elder Affairs Program Participants](#)

Until it is safe for everyone to be inside, would you like to take part in some activities outdoor? We are thinking of starting a walking group, or have exercise classes outside. Let us know your thoughts. You can email Michelle mbirolini@braintreema.gov. or feel free to call us at 781-848-1963. We miss you.



**Special Activities and Meetings: Please note, everything is subject to change.
Please follow Town News for current schedule updates throughout the Town and State**

2nd and 4th Monday	Bereavement Support Group	2:00PM
1st Wed& 3rd Wed	Bingo—	1:00 PM
Monday April 6, 20	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	12:00 PM
Every Thursday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub to change	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday start back up!	Walking Group Email mbirolini@braintreema.gov if you are interested	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
	No Face to Face Activities Until further notice. But Please see our BCAM Schedule for Programs inspired by and for our Braintree Senior Citizens	
Every Monday, Wednesday and Friday	Elder Affairs Programs on BCAM. (more programs to be added) We will keep you posted on BCAM. Ch. 9 and Ch. 28)	10:00-11:30 AM

RECYCLE



Braintree Trash & Recycling Update

Extra bags of trash will no longer be picked up curbside, as had been allowed during the initial months of the pandemic.

Residents with the occasional extra bags of trash (up to 3 bags) may once again utilize the Recycling Drop-off Center. A current trash sticker is required.

Hours: Mon/Tue/Thur/Fri/Sat (7:00 AM to 3:00 PM).

A \$25 permit to dispose of excessive trash (more than 3 bags) can ONLY be purchased by placing your request in an envelope, including name, address, & phone number with a \$25 check payable to Town of Braintree. Drop envelope into the Tax Collector mailbox at Town Hall parking lot. It will take approximately one week to process request. Permit can be picked up Tuesday afternoons 4-7PM at the side entry to Town Hall. Additional information: Treasurer/Collector's Office 781-794-8136

Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday,	BHS& Heritage	11:30-12:30
Thursday,	Independence Housing	10:30-11:30
Wed,,	Department of Elder Affairs	12:15-1:00
Tuesday,	Roosevelt Housing	12:00-12:30

Will be determined by the Town Nurse

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM

Return time between: 11:30 AM to 12:00 PM

Tuesday Stop & Shop

Thursday Stop & Shop

Tuesday Roche Bros

Thursday Shaw's

Tuesday Shaw's

Thursday Stop & Shop

Tuesday Stop & Shop

Thursday Shaw's

Call for availability and revised schedule

Asian Outreach



祝你健康每一天
" WISH YOUR GOOD
HEALTH EVERYDAY

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express

- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles

- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes

- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group

- **TRIAD:** senior safety

- **SHINE:** health insurance counseling; **please call for an appointment**

- **Ask the lawyer:** free consultations; **please call for an appointment**

- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; **please call ahead.**

All programs on hold until further notice



FROM THE CHAIRMAN

Hello everyone! I hope everyone is feeling good and looking forward to some nice summer weather.

I want to thank Sharmila, Michelle and the rest of the staff of Elder Affairs for hosting two great events. It was nice to see all the seniors stop by the Senior Center to say “Hi” to the staff. Even though it was a drive through, it was still nice to see everyone. I also would like to thank Fasano’s catering for all the food and Sally Bowen Photography for organizing and donating to help make this event happen. We had hot dogs, Hamburgers, cheeseburgers and strawberry shortcake (really good) and there was plenty of food. I would like to especially thank Ralph Fasano and his staff for a job well done.

On June 29th, we had Volunteer Appreciation day and once again it was nice to see all the hard-working Volunteers, who helps make the Senior Center a very special place to go.

I would like to ask everyone to say some prayers for Lee Dingee and Bob Prout who are in the hospital recuperating . Lee had a fall and is doing better and Bob has swollen legs from excess fluids and doing much better also.

Looking forward to the opening of the Town Hall soon and hopefully the Senior Center.

Well, it is time to have some breakfast and enjoy another day in the sun, reading a book.

I pray you all stay healthy and please be safe,

Alzheimer’s Care Partners Support Group

As our building remain closed you are always in our mind. We are aware of your compassion and love.

Hank

If you need to speak with some one, please call the Alzheimer's Association or call us at 781-848-1963



MONDAY	TUESDAY	WEDNESDAY
<p>Happy 4th of July</p>		<p>J</p>
<p><u>We Miss You!!</u> <u>Please check on</u> <u>BCAM for updates</u> <u>On</u> <u>Programs for you.</u></p>		
		
<p>Stay Safe!</p>		
<p>Every Monday 10:00-11:30 Elder Affairs Programs Ch. 9 on Comcase Ch. 28 on Verizon</p>		<p>Every Wednesday 10:00-11:30 Elder Affairs Programs Ch. 9 on Comcase Ch. 28 on Verizon</p>

THURSDAY

FRIDAY

JULY



Every Friday
10:00-11:30 Elder Affairs
Programs
Ch. 9 on Comcase Ch. 28 on Verizon

Fun Facts about Braintree

1.) How did Braintree MA get its name?

The area was resettled and incorporated as the town of **Braintree**, named after the English town of **Braintree** in 1640, on land which is now part of the current town of **Braintree**, from which Randolph, the City of Quincy, and part of Milton were split off.

2.) When was Braintree founded?

1640

3.) What is Braintree known for?

The town of **Braintree** is the birthplace of several prominent figures in American history: Abigail Adams, presidents John Adams and John Quincy Adams, statesman John Hancock, and General Sylvanus Thayer, an early superintendent of the United States Military Academy located at West Point, New York.

4.) What is the population of Braintree in 2020?

37,360

Library Updates



Curbside Pickup Starts Monday, June 29th

Curbside service will be offered from 10:00 AM to 3:00 PM Monday through Friday starting Monday, June 29th. [Learn more about curbside pickup.](#) At this time, only Thayer Public Library materials may be requested. You can also [place holds online 24/7.](#)

Our book return drop box is now open! All returned items are placed in quarantine for 72 hours before being put back on shelves or circulated. You will not accrue fines during the time your returns spend in quarantine. Please allow 72 hours before your account shows your items as returned.

Volunteer Recognition

Thank you to all who participated in our
Volunteer Recognition Event...

We hope you enjoy the Shaw's Gift card. If you have any problems
with activation please don't hesitate to call with questions.

THREE CHEERS FOR OUR VOLUNTEERS!!!





**No Movies scheduled until further notice
Until then try to enjoy movies at home.
Have fun with some movie trivia to do at home...**

Famous Movie Quotes

1.) "You're gonna need a bigger boat."

- A- Jaws
- B- The Godfather
- C- Apocolypse Now
- D- The Poseidon Adventure

2.) "Fat man, you shoot a great game of pool."

- A- Ocean's 11
- B- The Hustler
- C- Robin and the 7 Hoods
- D- Salt and Pepper

3.) " I know what you're thinkin'. 'Did he fire six shots or only five?"

- A- Apocolypse Now
- B- Patton
- C- Platoon
- D- Dirty Harry

4.) " A Spoonful of Sugar helps the medicine go down."

- A- The Sound of Music
- B- Funny Girl
- C- Music Man
- D- Mary Poppins

5.) "I love the smell of Napalm in the Morning"

- A- Patton
- B- The Longest Day
- C- The Deer Hunter
- D- Apocaypse Now

Answer Key-

1.) Jaws 2.) Hustler 3.) Dirty Harry 4.) Mary Poppins 5.) Apocolypse Now

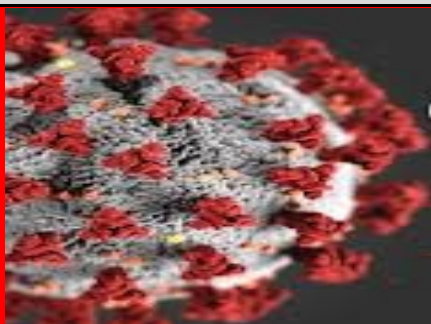
SCAM ALERT

Scams offering COVID-19 vaccine, cure, air filters, testing

The [FTC warned](#) about an increasing number of scams related to vaccines, test kits, cures or treatments, and air filter systems designed to remove COVID-19 from the air in your home. At this time, there is neither a vaccine nor a cure for this virus. If you receive a phone call, email, text message, or letter with claims to sell you any of these items—it's a scam.

Fake coronavirus-related charity scams

A [charity scam](#) is when a thief poses as a real charity or makes up the name of a charity that sounds real to get money from you. Be careful about any charity calling you asking for donations. If you are able to help financially, visit the website of the organization of your choice to make sure your money is going to the right place. And be wary if you get a call following up on a donation pledge that you don't remember making—it could be a scam.



Coronavirus Scams

Tips from the FTC

ftc.gov/coronavirus

Source: Federal Trade Commission / FTC.gov

Tips on wearing a Face Mask



Getting through the day with your mask

Use these helpful tips to properly wear and store your mask throughout your day.

How to wear your mask.



Wear your mask secure over your mouth and nose.



Secure your mask behind both of your ears.

How to store your mask when going to the bathroom, taking a drink or eating.



Place your mask on a clean paper towel.
(Exterior of the mask facing down with the ties placed away from the inside.)



Store your mask in a clean paper bag.

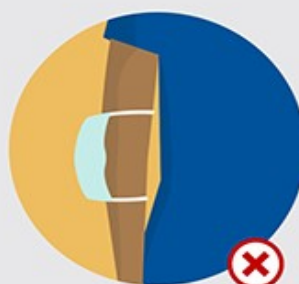
How NOT to wear your mask.



Do not wear your mask under your mouth.



Do not pull your mask under chin, even to drink.



Do not wear your mask on your elbow.



Do not hang your mask from one ear.

Remember to always use proper hand hygiene before putting on and taking off your mask.



DukeHealth

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here

Braintree Dept. of Elder Affairs ~ 2019 Board Members
Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Robert Caruso, Treasurer

Lucille Barton
Tim Burke
Leland Dingee

Jane Fogg
Connie Mattina
June Newman

Charitable Giving from Elder Affairs

Thank you to all who attended our "Sunshine for Seniors" Events
Hosted by Sally Bowen Photography and Fasano's Catering



The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have